

loving  *support*
makes breastfeeding work

*How will I
feed my baby?*

**There are many reasons to
breastfeed & not give formula!**

It is all natural; not artificial!

Breastfeeding is normal nutrition
& is the best choice; better than
any formula you can
buy at a store!

More is better!

The more you breastfeed, the
more milk you will make...and the
healthier your baby will be!

By adding formula...

Your baby may get sick more &
you may make less breastmilk!

***The New Food Packages
Support Fully Breastfeeding!***

Fully breastfeed your baby
& get the most food!



New WIC

Food



Packages

**Plan to Fully
Breastfeed Your Baby!**

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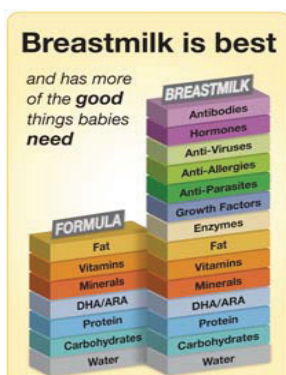
How do I make enough breastmilk?

Right After Delivery, You Can Do 5 to Have a Good Milk Supply

1. Breastfeed in the 1st hour
2. "Room in" with your baby
3. Breastfeed often, every 1 ½ – 3 hours
4. Avoid pacifiers the 1st mo.
5. Ask for a phone number for support (Peer Counselor)

A natural & normal process: breastfeeding tells your body to make milk.

Using artificial baby milk (formula) can lower your milk supply!



Artificial baby milk (formula) fed babies are at greater risk for getting sick!

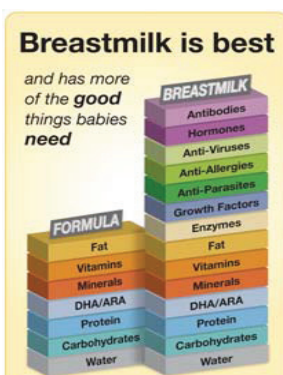
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